

Kalyn's KITCHEN®

Seasonal low-glycemic recipes for }

healthy eating
weight loss
blood sugar control

Home About Contact FAQ South Beach Gardening Kalyn's Picks Cooking Tips Slow Cooker from Scratch
Recipe Index Favorites Meatless Vegan Can Be Paleo Gluten-Free Low Carb Can Freeze Phase One Fridays

Monday, December 27, 2010

Recipe for Vegetarian Black Bean and Sweet Potato Soup with Lime



2.42k

266

15



Save recipes all over the web with your personal recipe box.

To Search, Enter Recipe Name or Ingredients

SEARCH

See Your Recipe Box
Create a Shopping List
View Grocery Deals



L.L.Bean
FREE SHIPPING

**MADE
IN MAINE**
ONE PAIR
AT A TIME

new

TUMBLER-LEATHER
L.L.BEAN BOOTS

► SHOP NOW



AdChoices | Advertise | Privacy



My sister Valerie thinks the week between Christmas and New Year's is the best part of the holiday season,. She loves it when the rush of Christmas is over but kids are home from school and there's a little extra time to hang out with the family. I enjoyed Christmas day at her house, watching the kids open their gifts and indulging in quite a bit of holiday food. Now it's back-to-reality for me, and this vegetarian black bean and sweet potato soup seems perfect after a few days of indulgent eating. It's light enough to help you recover from holiday food overload, easy enough that you don't need much time in the kitchen, and warm and comforting if you're in a part of the world where the weather is cold.

What's Hot Now

Recipes for Valentine's Day or St. Patrick's Day

Kalyn's Recipe Picks

Recipe Favorites

Find Recipes by Photo

All Kalyn's Recipes by Photo on Pinterest.com

Scroll Through Recipes Tagged with Same Label

Recipe Labels

For South Beach Dieters

Index of SBD Phase One Recipes from Kalyn

SBD Phase One Low-Glycemic Recipe Round-ups

Easy SBD Recipes Five Ingredients or Less

SBD Holiday Recipes

90 Healthy No-Heat Lunches for Work

Recipes by Ingredient

Beef, Pork, and Lamb

Chicken, Turkey, and Turkey/Chicken Sausage

Eggs

Fish and Shellfish

Fruit

Rice, Grains, Beans, Legumes

Vegetables

Recipes by Category

Appetizers, Dips, Hummus, Salsa, and Lettuce Wraps

Bread, Pitas, Pizza, and Dishes with Tortillas

Breakfast Dishes

Casseroles

Drinks, Gravy, Sauces, and Salad Dressing

Gluten-Free

Low Sugar Desserts, Baked Goods

Pasta, Noodles, Pesto, and Pasta Sauce

Salads

Soup, Stew, and Chili

Get Daily Phase One (low-carb) Recipes for January, sent to your e-mail inbox.

[Sign up here](#)

Cooking Methods, and Gifts from the Kitchen

Slow Cooker Recipes

Grilling Recipes

Pressure Cooker Recipes

Stir Fry Recipes

Herb Blends, Food Gifts



Recipe For Egg Muffins (Revisited again)



Easy Recipe for Baked Pesto Chicken

Green Chile and Chicken Mock Enchilada Casserole (Low-Carb, Gluten-Free)



Heat olive oil in a heavy soup pot, then saute onions for 6-8 minutes, or until they're just starting to brown. Then add minced garlic, ground coriander, ground cumin, ground fennel, and black pepper and saute about 1-2 minutes more.



While onions are cooking, chop up one large sweet potato into pieces. (If the sweet potato isn't that big I would use two; I wouldn't have minded more sweet potato in this.)



[Sign up here](#) black beans until no more foam appears, then let the beans drain.



When onions and spices have been sauteed, add vegetable (or chicken) stock, black beans, and sweet potatoes to the soup pot, along with salt to taste.



It supports this blog when you start here to shop at Amazon.com. Thanks!



Search Here for Recipes From Other Food Blogs



Why Blogs Are Listed Here

Food Blogging Friends

Utah Blogging Friends

Worldwide Kitchens



90 Healthy
No-Heat
Lunches for
Taking to
Work



Recipe for
Baked
Chicken
Stuffed with
Pesto and
Cheese



Recipe for
Julia Child's
Eggplant
Pizzas
(Tranches

d'aubergine à l'italienne)



How to
Cook Dried
Beans in a
Crockpot
Slow
Cooker



Recipe for
Stuffed
Green
Peppers
with Brown
Rice, Italian
Sausage, and Parmesan



Slow
Cooker
Salsa
Chicken
Recipe with
Lime and
Melted Mozzarella



Pressure
Cooker
Recipe for
Pinto Bean
and
Ground
Beef Stew with Cumin
and Cilantro



Let cook about 30 minutes, or until sweet potatoes are falling-apart tender.



Use a slotted spoon to remove 3 cups of sweet potatoes and beans.



Then use [an immersion blender](#) or regular blender to puree the remaining soup. (Be very careful if you do this in a regular blender!)



Add the reserved beans and sweet potatoes back into the soup and simmer about 15 minutes more. Taste to see if you want more salt, then add the lime juice and simmer for 5 more minutes. Serve hot, with a dollop of [fat free Greek yogurt](#) or sour cream.

Vegetarian Black Bean and Sweet Potato Soup with Lime

(Makes 4-6 servings, recipe adapted from [Black Bean Soup with Sweet Potatoes](#) found in Fine Cooking Soups and Stews.)

Ingredients:

1 T olive oil
1 large onion, diced small
1 tsp. minced garlic
3/4 tsp. ground coriander

Healthy Cooking Friends
Tips for Food Bloggers
Sites for Food Bloggers
Growing Your Own Food
Not Food But Still Tasty

What People Are Saying
About Kalyn's Kitchen

Salt Lake City
Restaurants

Restaurants in Utah
Cities

Restaurants in U.S. Cities

Monthly Archives Links
for Eating in Season

Photos and Original Text
(C) Copyright: 2005-2014
By Kalyn's Kitchen® LLC. I
grant permission for
photos plus recipe link
to be copied to social
media and other sites,
but not recipe text. All
Other Rights Reserved.
(Other bloggers may
post their version of my
recipe, with their own
photos and text, but
please link to the
original recipe on this
site.)

Kalyn's Kitchen
Photos on Flickr

Recipes I've Saved
on Del.icio.us

3/4 - 1 tsp. ground cumin (I used a whole teaspoon, but I love cumin)
 1/4 tsp. ground fennel
 fresh ground black pepper to taste
 1 large or 2 medium sweet potatoes, cut into 1/2 inch pieces
 2 cans (15 oz. can) black beans, rinsed and drained
 4 cups homemade vegetable or chicken stock (or use 3 cans broth and just freeze the extra)
 salt to taste
 2 T fresh-squeezed lime juice
[fat free Greek yogurt](#) or light sour cream for serving
 lime wedges to squeeze into the soup, optional



Instructions:

Heat olive oil in heavy soup pot, add diced onion and cook over medium heat for 6-8 minutes, or until onions are just starting to brown. Add minced garlic, ground coriander, ground cumin, ground fennel and fresh-ground black pepper and saute 1-2 minutes more, or until spices are becoming fragrant.

While onions are cooking, peel and dice sweet potato and rinse beans until no more foam appears, then drain. After onions and spice mixture have been sauteed, add the diced sweet potatoes, black beans, and vegetable or chicken stock to the soup pot, along with salt to taste. Let soup simmer on medium-low heat for about 30 minutes, or until the sweet potatoes are falling-apart tender. (There will be some foam from the beans that rises to the top during cooking; just skim off with a large spoon or stock skimmer.)

When sweet potatoes are tender, use a slotted spoon to remove 3 cups of beans and sweet potatoes; then use [an immersion blender](#) or regular blender to puree the remaining soup. (Be very careful with the hot soup if using a regular blender; fill the blender container only about 3/4 full and hold the lid on the blender with a towel or hot pad draped over the lid.)

Add the reserved sweet potatoes and beans back into the soup and simmer about 15 minutes more. Taste to see if you want to add more salt; then add the lime juice and simmer about 5 minutes more.

Serve hot, with a dollop of [fat free Greek yogurt](#) or light sour cream. If desired you can serve with lime wedges so people who want to can squeeze more lime juice into their soup.

[Printer Friendly Recipe](#)

South Beach Suggestions:

This [low-glycemic](#) soup would be approved for phase 2 or 3 of the [South Beach Diet](#), due to the sweet potatoes. Be sure to use fat-free Greek yogurt or light sour cream to keep this South Beach diet friendly.

More Vegetarian Soups with Black Beans:

(Recipes from other blogs may not always be South Beach Diet friendly; check ingredients.)

[Black Bean and Rice Soup with Lime and Cilantro](#) from Kalyn's Kitchen

[Crockpot Vegetarian Black Bean and Tomatillo Soup](#) from Kalyn's Kitchen

[Stormy Black Bean Soup](#) from Fat Free Vegan Kitchen

[African Sweet Potato Soup with Peanut Butter, Black Eyed Peas, and Beans](#) from Gluten Free Goddess

[Vegan Black Bean and Sweet Potato Stew](#) from The Perfect Pantry

(Want even more recipes? I find these recipes from other blogs using [Food Blog Search](#).)